

SUGGESTED USE:

Take two capsules daily or as directed by a physician.

IMPORTANT: Store in a cool dry place and tightly capped.

CAUTION: Formulated for adults. For children under four, consult a physician.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame

Manufactured Exclusively by:

KIRKMAN®

Lake Oswego, OR 97035

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KIRKMANGROUP.COM



HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN® WOMEN'S MULTIVITAMIN & MINERAL with 5-MTHF

Essential nutrients for women†

120
CAPSULES

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (as Retinol, Beta-Carotene)	5000 IU	1500 mcgRAE 166%
Vitamin C (as Ascorbic Acid)	250 mg	278%
Vitamin D-3 (as Cholecalciferol)	1000 IU	25 mcg 125%
Vitamin E (as Alpha-Tocopherol)(Sunflower)	30 IU	20 mg 133%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	500%
Vitamin B2 (as Riboflavin)	6 mg	462%
Vitamin B3 (as Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	6 mg	353%
Folate (as Calcium L-5-MTHF) (Folic Acid 800 mcg)	1333 mcgDFE	333%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Vitamin B5 (as D-Calcium Pantothenate)	10 mg	200%
Iron (from Ferrous Bisglycinate Chelate)	10 mg	56%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide, Bisglycinate)	100 mg	24%
Zinc (from Zinc Citrate)	22.5 mg	205%
Selenium (from Selenium Glycinate Complex)	100 mcg	182%
Manganese (from Manganese Citrate)	2 mg	87%
Chromium (from Chromium Nicotinate Glycinate Chelate)	120 mcg	343%
Molybdenum (from Molybdenum Glycinate)	75 mcg	167%
Kirkman® Proprietary Blend: Cranberry (Vaccinium macrocarpon) (fruit) Extract, Resveratrol, DHEA, Lycopene 10%, Boronorganic Glycine	130.5 mg	*
Coenzyme Q10	25 mg	*

Other Ingredients: Vegetarian Capsule (hypromellose and water), Magnesium Stearate (plant-based)

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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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